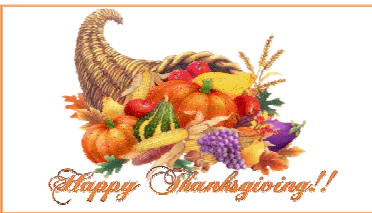


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> 9:00am...Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Chorus	<p>2</p> 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 1:30am...Shopping at Shaw's 12:30pm...Bridge	<p>3</p> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Class 10:30am...Blood Pressure 1:00pm...Bingo	<p>4</p> CLOSED FOR LIBRARY BOOK SALE
<p>7</p> 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge	<p>8</p> 9:00am...Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 10:00am...Computer Class 1:00pm...Fun and Games 1:00pm...Chorus	<p>9</p> 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<p>10</p> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Class 10:30am...Blood Pressure 1:00pm...Bingo	<p>11</p> CLOSED FOR VETERANS DAY
<p>14</p> 9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge	<p>15</p> 9:00am...Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Chorus	<p>16</p> 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<p>17</p> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Class 10:30am...Blood Pressure 1:00pm...Bingo	<p>18</p> 9:00am...Zumba Gold 10:00am...Scrabble Club 10:00am...Computer Class 1:00pm...Yoga
<p>21</p> 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge	<p>22</p> 9:00am...Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Chorus	<p>23</p> 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<p>24</p> CLOSED FOR THANKSGIVING	<p>25</p> CLOSED FOR THANKSGIVING
<p>28</p> 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge	<p>29</p> 9:00am... Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Chorus 7:00pm...Computer Class	<p>30</p> 9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<h1>NOVEMBER</h1> <h1>2016</h1>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>SALAD OPTION</u> Sliced Turkey Tomato Walnuts and Craisins Spinach/Iceberg Blend Lite Balsamic Dressing	1 Juice Turkey Chili with Cheese Tossed Salad Ice Cream Sandwich <i>(Hamburger on a Bun)</i>	2 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Oriental Blend Vegetables Lorna Doone Cookies <i>(Tuna on Rye)</i>	3 Onion Soup Swedish Meatballs Seasoned Whole Grain Pasta Green Beans Fresh Fruit <i>(Shrimp Salad on Wheat)</i>	4 Minestrone Soup Seafood Chow Mein Crunchy Noodles Stir Fry Vegetables Tapioca Pudding <i>(Chicken Salad on Marble)</i>
7 Chicken Escarole Soup Stuffed Turkey with Gravy Tossed Salad Sliced Peaches <i>(Corned Beef/Cheese on Oat-meal)</i>	8 Red Chowder Baked Scrod Texas Style Potatoes Sliced Carrots Chocolate Chip Cookies <i>(Eggplant Parmesan on a Roll)</i>	9 Lentil Soup Roast Pork Loin Oven Roasted Potatoes Mixed Blend Vegetables Fresh Fruit <i>(Egg Salad on Multi Grain)</i>	10 Beef Vegetable Soup Chicken Cordon Blue Florentine Blend Vegetables Rice Pilaf Ice Cream <i>(Meatloaf on Wheat)</i>	11 CLOSED FOR VETERANS DAY
14 Shrimp & Corn Bisque Pub Burger w/Mushroom Gravy Baked Potato Brussel Sprouts Sliced Pears <i>(Seafood Salad on 9-Grain)</i>	15 Chicken and Rice Soup Herb Roasted Grilled Chicken Garlic Mashed Potatoes Asparagus Tips Fresh Fruit <i>(Tuna on Marble)</i>	16 Split Pea Soup Baked Ham with Pineapple Sweet Potatoes Capri Blend Vegetables Oatmeal Cookies <i>(Chicken Salad on Wheat)</i>	17 Kale and Bean Soup Stuffed Pepper with Sauce Seasoned Whole Grain Ziti Winter Blend Vegetables Frosted Cupcakes <i>(Pastrami and Cheese on Rye)</i>	18 Italian Wedding Soup Roast Turkey with Gravy Cornbread Stuffing Seasoned Spinach Pumpkin Pudding <i>(Roast Beef on a Roll)</i>
21 Orange Juice Cheese Omelet Fruit Stuffed Pancakes (2) Baked Tomato Half Fresh Fruit Cup	22 Bean & Vegetable Soup Sausage, Peppers and Onions Herb Roasted Potatoes Pudding <i>(Seafood Salad on Multi Grain)</i>	23 Tomato Vegetable Soup Low Sodium Hot Dog Baked Beans Tomato & Cucumber Salad Fresh Fruit <i>(Sliced Chicken on Wheat)</i>	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING
28 Potato and Leek Soup Vegetable Lasagna Peas & Carrots Garlic Bread Chocolate Pudding <i>(Chicken Salad on Bulky Roll)</i>	29 Juice Beef Stroganoff Mashed Potatoes Roasted Root Vegetables Fresh Fruit <i>(Italian Tuna on Rye)</i>	30 Turkey Vegetable Soup Chicken Marsala with Gravy Brown Rice California Blend Vegetables Mandarin Oranges <i>(Meatloaf on Wheat)</i>	NOVEMBER 2016	